

shopping tips

HIV

Below are a few simple suggestions to create a smoother, safer grocery shopping experience.



At Home: Shopping Tips

- Use the “*HIV Shopping List*” and recipes from *A Healthier You* to plan meals and snacks for the week.
- Look for food promotions, coupons, or store discount offers to keep more money in your wallet.
- Shop online to save time and energy. Many grocery stores have in-store pickup or at-home delivery options available.
- Before heading to the store, make space in your refrigerator by throwing away outdated food items.



At the Store: Shopping Tips

- Take the “*Reading a Food Label*” handout to the store to make reading food labels easier.
- Be careful of tricky ingredients, like salt and sugar. These ingredients can go by many different names so check the food label for the percent daily value (%DV). Aim to have the %DV less than 5% for added sugars and sodium.
- When purchasing grain foods, look for the word “whole” in the first ingredient on the ingredient list. This ensures that the product is a whole grain food.
- Avoid purchasing dented cans. This can be a sign of botulism, a dangerous foodborne illness.
- Pay attention to dates. Do not buy food items that have passed their “sell by” or “use by” dates.
- Use separate plastic bags for raw meats.
- Bring a trusted friend or relative with you to lend a hand with shopping and help carry the groceries.
- If feeling particularly fatigued, utilize the availability of motorized carts.
- Ask for assistance when reaching items on top shelves, or if items are too heavy to pick up.
- Look for pre-washed or pre-cut fruits and vegetables to minimize food preparation.
- Purchase frozen fruit, vegetables or grains for added convenience.
- To keep perishable items cold, pick up frozen or refrigerated items at the end of your shopping trip.
- Ask for assistance for carrying groceries to the car and loading the car. Most stores offer services to assist customers.
- Use an alcohol-based hand sanitizer to clean hands after touching high traffic items, like door knobs or key pads.
- Bring a cooler or cooler bag to keep frozen and refrigerated items cold on the drive home.

shopping tips

Lupus

Below are a few simple suggestions to create a smoother, safer grocery shopping experience.



At Home: Shopping Tips

- Use the “HIV Shopping List” and recipes from A Healthier You to plan meals and snacks for the week.
- Look for food promotions, coupons, or store discount offers to keep more money in your wallet.
- Shop online to save time and energy. Many grocery stores have in-store pickup or at-home delivery options available.



- Take the “Reading a Food Label” handout to the store to make reading food labels easier.
- Be careful of tricky ingredients, like salt and sugar. These ingredients can go by many different names so check the food label for the percent daily value (%DV). Aim to have the %DV less than 5% for added sugars and sodium.
- When purchasing grain foods, look for the word “whole” in the first ingredient on the ingredient list. This ensures that the product is a whole grain food.
- Avoid purchasing dented cans. This can be a sign of botulism, a dangerous foodborne illness.
- Pay attention to dates. Do not buy food items that have passed their “sell by” or “use by” dates.
- Use separate plastic bags for raw meats.
- Bring a trusted friend or relative with you to lend a hand with shopping and help carry the groceries.
- If feeling particularly fatigued, utilize the availability of motorized carts.
- Ask for assistance when reaching items on top shelves, or if items are too heavy to pick up.
- Look for pre-washed or pre-cut fruits and vegetables to minimize food preparation.
- Purchase frozen fruit, vegetables, or grains for added convenience.
- To keep perishable items cold, pick up frozen or refrigerated items at the end of your shopping trip.
- Ask for assistance for carrying groceries to the car and loading the car. Most stores offer services to assist customers.
- Use an alcohol-based hand sanitizer to clean hands after touching high traffic items, like door knobs or key pads.
- Bring a cooler or cooler bag to keep frozen and refrigerated items cold on the drive home.